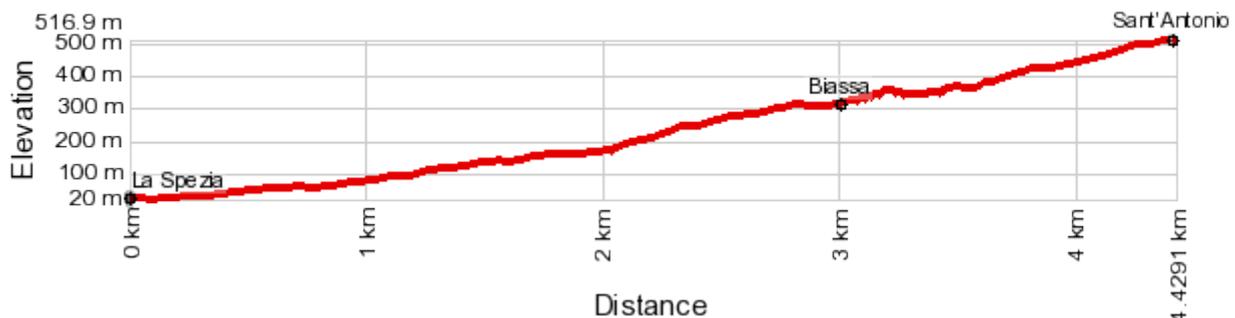




From La Spezia to the intersection with leg 3

Total length	4,4 Km
Hiking time	2h 20m
Cumulative elevation gain	496,7 m
Uphill percentage	100 %
Downhill percentage	0 %
Percentage of hike on natural earth	33,6 %
Percentage of hike on asphalt	30,3 %
Percentage of hike on paved surface	36,1 %
Percentage of hike on other surface	0 %

Profilo altimetrico



created by GPSVisualizer.com

General description:

Old route that allows to easily reach Biassa and the Cinque Terre ridge following ancient mule tracks and magnificent sandstone staircases. From Biassa to Sant'Antonio the itinerary follows the ancient route that, until a few years ago, has been daily walked by the farmers to reach the unique vineyards of Tremonti. The descent to Riomaggiore deserves a stop at the Madonna di Montenero Sanctuary with its beautiful panoramic balcony over the entire Cinque Terre coast.



Description of the itinerary

Starting from the small old centre of Pegazzano, near the nineteenth-century building hosting the Primary School, a steep staircase, marked with n° 523, leads to the hamlets of Vignale, Madonna della Guardia, Monte Parodi. This variant of the Sentiero Liguria, instead, follows the beautiful alley (marked with n° 504) that climbs gently up the right bank of the channel, passing alongside old farmhouses (some of which adorned with beautiful doorframes in sandstone of Biassa) and ancient olive trees.

You will intersect the road near a limestone quarry, including the famous Grotta dell'Orso (Bear Grotto), unfortunately not open for public, in which remains of *Ursus spelaeus* were found at the end of eighteenth century. After a small section on the road, at the first sharp bend, take the trail which climbs up to Biassa through chestnut groves, crossing the road many times. The hamlet, in the middle of the valley is a crossroad of trails: the AVG trail runs northwards along the so called "Redemè" (a trail connecting Madonna della Guardia and La Foce passing halfway the coast); southwards a mule track leads to Campiglia, with direction Porto Venere, passing by the cemetery.

The Sentiero Liguria, instead, runs reaches the ridge westwards, through the old staircase to S. Antonio. This is a monumental staircase, entirely made of sandstone, a through pedestrian "highway" for man and mule, which was the fundamental way of communication used by the farmers of Biassa to reach the extensive vineyards on the slope of Tramonti.

On the internal slope the route passes through old chestnut groves, encountering the maritime pine trees only on the ridge. Most pine trees have been recently infected by *Matsucoccus feytaudi*. As a consequence other typical species of the Mediterranean scrubland and the holm oaks are extending their area.

In Sant'Antonio the Sentiero Liguria tracks again the main ridge trail (AV5T), coinciding here with leg 3 "Porto Venere – Riomaggiore". Sant'Antonio is also a pic-nic area with different facilities, and the starting point for the gymnastic trails named "Palestra nel Verde".